








UP! Club November Program

Our social and community participation and capacity building group for adults with Down syndrome aged over 18 years old

Day & Date	Activity	Location	Start Time	End Time	Cost
Wednesday 1 November *	 Fit n Fun	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost
Friday 3 November	Live Music & Chat 	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30pm	5:30pm	NDIS Service Cost
Saturday 4 November	 Saturday Night Fever	Online Online Dance Party: Pizza Party Tonight and Trivia!	6:00pm	9:00pm	NDIS Service Cost
Wednesday 8 November	Fit n Fun 	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost
Friday 10 November *	 Live Music & Chat	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30pm	5:30pm	NDIS Service Cost
Saturday 11 November	Saturday Night Fever. 	Online Online Dance Party: Pizza Party Tonight and Trivia!	6:00pm	9:00pm	NDIS Service Cost
Sunday 12 November	 UP! Club Pinot and Picasso Outing	In Person Painting, Sipping and Grazing with friends at the Pinot & Picasso CBD Studio	1:00pm	5:00pm	NDIS Service Cost + \$90.00 for the Pinot & Picasso Ticket Fee



Our OPEN sessions are available to all people with intellectual disability aged 18 years and over. You'll need to get in touch with us before your first activity so we can sign you up! UP! Club members, you can bring a partner or friend along to these sessions. The same pricing applies to them and they need to register

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Day & Date	Activity	Location	Start Time	End Time	Cost
Wednesday 15 November	 Fit n Fun	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost
Friday 17 November	Live Music & Chat 	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30pm	5:30pm	NDIS Service Cost
Saturday 18 November *	 Saturday Night Fever	Online Online Dance Party + Talent Quest - Dress Up + Bring your Special Talent along!	6:00pm	9:00pm	NDIS Service Cost
Sunday 19 November *	Culture Club: Disney inspired magical brunch & performance followed by an afternoon stroll and trivia at Hyde Park 	In Person A catered Disney Inspired brunch, live dancing and singing performances followed by a guided walk around Hyde Park and Disney trivia	10:00am	3:00pm	NDIS Service Cost + \$75.00 Disney Brunch Ticket Fee
Wednesday 22 November	 Fit n Fun	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost
Friday 24 November	Live Music & Chat 	Online Live Music by "A Sound Life" and Coffee Catch Ups	3:30pm	5:30pm	NDIS Service Cost
Saturday 25 November	 Saturday Night Fever	Online Online Dance Party + Spring themed songs!	6:00pm	9:00pm	NDIS Service Cost
Wednesday 29 November	Fit n Fun 	Online Fitness and Wellbeing with meditation, recipes and healthy living trivia	3:30pm	5:00pm	NDIS Service Cost



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[Book: I want To Book An UP! Club November Event](#)

Invoicing: Activities are invoiced every fortnight after your sessions

Cancellation Policy: We kindly ask for written cancellation 3 days prior to online activities and 7 days prior to in-person events respectively.

Questions: Telephone time is between 2-3pm every Wednesday and Friday, or email upclub@dsansw.org.au

Contact details :



upclub@dsansw.org.au



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